

DEPARTMENT OF PUBLIC HEALTH



COUNTY OF SAN BERNARDINO

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San Bernardino County Public Health Officer Announces Eleventh Death from H1N1 Flu Virus

SAN BERNARDINO – The County's ninth, tenth, and eleventh deaths from pandemic (H1N1) 2009 influenza virus were announced today by San Bernardino County Public Health Officer, Maxwell Ohikhuare, M.D.

"All of these cases had underlying conditions, and unfortunately, included a 4 month old infant, a 25 year old male, and a 43 year old woman", stated Dr. Ohikhuare. He emphasized that "anyone with a chronic illness should be especially careful to take precautions that will limit the chances of becoming infected with this virus."

San Bernardino County has reported 235 confirmed pandemic (H1N1) influenza cases to the state. Most people have experienced mild or moderate illness and have fully recovered. "As flu becomes more widespread this fall, everyone should take an active role to prevent infection, and avoid spreading the virus if they do get sick," stated Dr. Ohikhuare.

The Department expects to receive a shipment of pandemic (H1N1) influenza vaccine in about two weeks. Clinic information will be provided as soon as the vaccine is ready for distribution. Countywide clinics are already underway to vaccinate people against the seasonal flu. All residents are recommended to get both vaccines.

In addition to getting vaccinated, the best way to prevent infection with a flu virus is to take these simple steps:

- Cough and sneeze into a tissue or into your elbow. Dispose of the tissue after use.
- Wash your hands often with soap and water and use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose and mouth.
- Avoid close contact with sick people.

People who have flu-like symptoms should stay home from work or school and limit contact with others. It's best to wait at least 24 hours after a fever returns to normal, without the use of fever-reducing medications, before resuming usual activities. Call a health care provider when symptoms are severe.

For more information on seasonal flu vaccination, call the San Bernardino County Department of Public Health at (800) 782-4264, or visit the website at www.sbcounty.gov/dph.

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